



## CELEBRATE MUD-LUCIOUS MARCH!

### POTATO LEEK SOUP

ADAPTED FROM *Thug Kitchen Cookbook*

- 3 medium leeks
- 5 fist-size russet or yellow potatoes\* (about 4-5 cups)
- 1 Tbs olive oil
- 3-4 cloves garlic, minced
- 4-6 cups vegetable broth
- ½ tsp salt or to taste
- 1 bay leaf
- ¼ tsp ground pepper (white if possible)
- ¼ cup sliced fresh chives or green onions (optional)
- ¼ cup chopped fresh dill or parsley for garnish



1. Cut off the roots of the leeks and tough dark green tops (these can be saved for making stock). Cut the leeks lengthwise, then place flat side down and cut ¼ inch slices. Use all the white and light green parts.
2. Place the sliced leeks in a large bowl and fill with water. Swish around with your hand to dislodge any dirt or mud hiding inside. Make sure they are thoroughly clean. Then scoop out the leeks with a sieve or slotted spoon.
3. Peel the potatoes (optional – smoother texture when peeled) and dice into ½-inch cubes.
4. In a stockpot, heat up the olive oil over medium heat, then add the chopped leeks, and stir to coat with the oil. Sauté until soft.
5. Add the potatoes and minced garlic and stir to combine. Pour in the vegetable broth, bay leaf, and salt. Bring to a boil, cover and reduce heat to a simmer until the potatoes are tender - about 15 minutes.
6. Once everything is soft, blend the soup using an immersion blender and/or a countertop blender. I like to start with the immersion blender, then blend a couple of batches in my high-speed blender for a very smooth and creamy texture.
7. Place everything back in the pot, add the pepper, chopped chives or green onions (if using) and stir.
8. Serve with a garnish of fresh dill or parsley.

\* For a smoother texture use yellow or Yukon gold potatoes.